

**CUT THROUGH THE ELECTRONIC CLUTTER**
HANDWRITTEN NOTES ALIVE AND WELL {page 16}



**DRINKING ON AN EMPTY STOMACH?**
QUINPOOL BARS MAY NIX FOOD RULE {page 4}

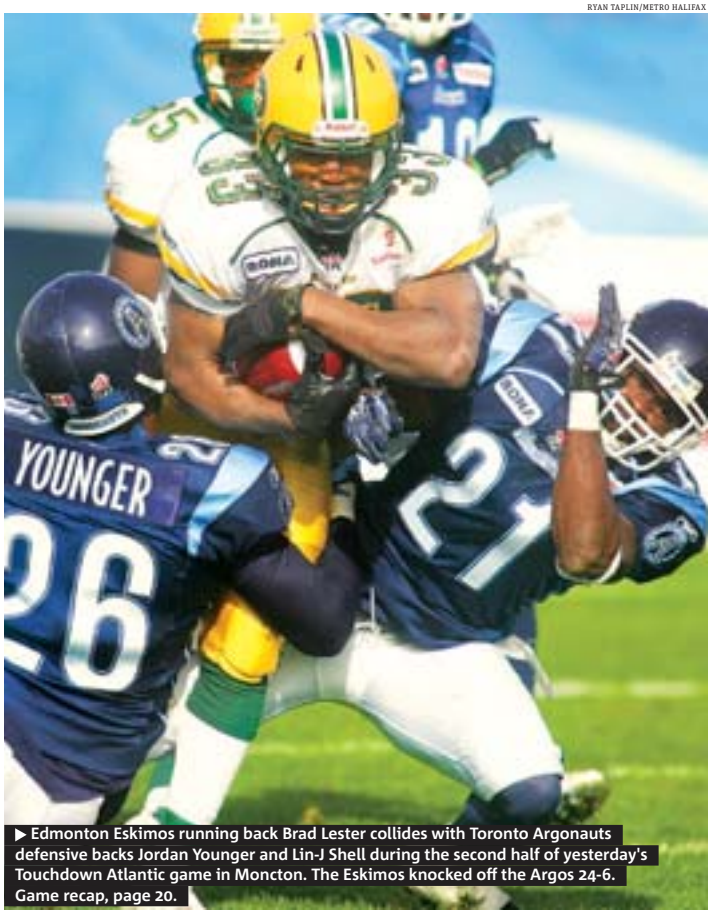
# LAWSUIT
## BECKHAM SUES GOSSIP MAG OVER SEX RUMOURS {page 12}




HALIFAX metro®
Monday, September 27, 2010
www.metronews.ca
Share this copy with a friend

Drowning in Debt? Reach Out!
WBLI INCORPORATED
TRUSTEE IN BANKRUPTCY
902 482 2000 • 4debtrelief.com

RYAN TAPLIN/METRO HALIFAX




▶ Edmonton Eskimos running back Brad Lester collides with Toronto Argonauts defensive backs Jordan Younger and Lin-J Shell during the second half of yesterday's Touchdown Atlantic game in Moncton. The Eskimos knocked off the Argos 24-6. Game recap, page 20.

# Crowds greet CFL in Moncton

**Historic regular season game is played in Moncton ● New stadium impresses ● Halifax last hosted the CFL in 2005 for pre-season game at Huskies Stadium**



MATTHEW WUEST
@METRONEWS.CA

Wouldn't it be nice … if it were us?

It was easy for that thought to drift into the minds of Halifax football fans in New Brunswick yesterday, as Moncton Stadium played host to the first neutral-site, regular-season game in Canadian Football League history.

The immaculate, brand-new facility was jam-packed to its capacity of almost 21,000 and delivered a big-league experience that will be hard for any Maritime city to top.

"It's a beautiful stadium," said Dartmouth's Marc Perry, who watched the Toronto Argonauts fall 24-6 to the Edmonton Eskimos.

"Go on Moncton, do your thing. Halifax, come on council … start doing what you can."

While Haligonians couldn't help but feel stadium envy, New Brunswickers were basking in the glow of the game's success.

If the CFL ever establishes a team east of Quebec, Moncton likes its chances.

"I think we deserve the team because Moncton went ahead and built the stadium, and Halifax has only made promises," said Argonauts fan Kyle Merrell, of Sackville, N.B.

RYAN TAPLIN/METRO HALIFAX




▶ CFL fans hold up an Atlantic Schooners flag yesterday.

Perfect weather and a raucous crowd contributed to what former Saint Mary's linebacker Tim St. Pierre of the Eskimos called a "homecoming atmosphere." He said "either city could handle (a CFL team), for sure."

"No matter where they choose to put a team, it's obviously going to be the Maritimes' team," St. Pierre said.

WITH FILES FROM PHILIP CROUCHER

## We want the funk: City staff

City hall defends use of biosolids as fertilizer {page 3}

## Food prices falling: Grocers

But rising costs, higher demand to reverse trend {page 9}

LASER VISION CORRECTION
Starting at
$490 TAX
All-Laser LASIK available



"For years I skated with the hassles and frustrations of glasses and contacts. In 2005, I had LASIK and the results were fantastic. Thank you LASIK MD, for helping me compete at my very best!"
Joannie Rochette
2010 Olympic Bronze Medalist
6-Time Canadian Champion
2005 LASIK MD Patient

LASIK MD VISION
FREE Consultation: 1-866-999-0435
www.lasikmd.com
HALIFAX: 1801 Hollis Street, Suite 400

JAPANESE ENGINEERED VEHICLES STANDARD WITH SYMMETRICAL AWD

SUBARU

# OWN A SUBARU

## EXECUTIVE-DRIVEN DEMOS AND QUALITY PRE-OWNED SUBARUS!




**2010 FORESTER LIMITED**
Fully loaded automatic including leather seats & alloys.
Was $34,320 now $31,900*




**2010 LEGACY SPORT**
Air, Windows/Locks, Cruise, Tilt and Sunroof.
Was $30,720 now $27,700*




**2010 OUTBACK LIMITED**
Automatic, 3.6L, Full load including leather, roof, alloys.
Was $40,020 now $35,900*




**2010 LEGACY LIMITED**
3.6L, fully load auto inc. navigation, leather, roof & alloys.
Was $38,520 now $32,900*




**2010 IMPREZA 2.5i WAGON**
Automatic with Air, Windows/Locks, Cruise, Tilt.
Was $24,250 now $22,500*




**2010 IMPREZA SPORT WGN**
Automatic, Full load including leather, roof, alloys.
Was $28,220 now $26,200*

**2009 LEGACY SPORT**



2.5L Automatic with 43,000k and in immaculate shape. **$22,995***

## DID YOU KNOW...

**All Subaru's come standard with Subaru's legendary full-time All-Wheel Drive system, and horizontally-opposed SUBARU BOXER engine.**

**VISIT ATLANTIC CANADA'S ALL-WHEEL DRIVE CENTRE**

**2007 FORESTER**



2.5L Automatic with 97,000k Fully loaded and clean. **$16,995***

**2006 OUTBACK**



2.5L Automatic with ONLY 54,000K! **$17,995***

**2007 FORESTER COLUMBIA**



2.5L Automatic COLUMBIA Edition. Just 69,000k. **$17,995***

**2008 IMPREZA SPORT**



2.5L Automatic with 52,000k Fully loaded with alloys. **$18,995***

**2007 IMPREZA SE**



2.5L Automatic with ONLY 61,500K! **$16,995***

**2007 IMPREZA 2.5i**



2.5L Manual Transmission. 79,000k & full load. **$15,995***

## SUBARU of HALIFAX

**HALIFAX**
3343 Kempt Road
Phone: 902 407-8707
www.subaruofhalifax.com

**SAVINGS LIKE THIS DON'T COME AROUND VERY OFTEN.**
Hurry in, because for a limited time, you can save THOUSANDS on executive and dealer-driven models. Choose from our entire award-winning lineup. Special lease and finance rates available, as well as on-site appraisers to evaluate all trade-ins.

*Plus applicable taxes and fees. †Plus applicable taxes & fees. See dealer for details.

**Fundraising.** AIDS Walk For Life




▶ Hundreds of people walked to show their support for those living with HIV/AIDS yesterday. They started at the Halifax Common and walked through the downtown streets.

DARRELL OAKE/FOR METRO HALIFAX

## Walking together towards a cure for AIDS/HIV

# City defends funky fertilizer

**Staff recommend the continued use of biosolids, despite residents' complaints ◐ Report cites fertilizer's benefits to urban forest project ◐ Humidity may have contributed to odour: Report**



ALEX BOUTILIER
@METRONEWS.CA

Staff at Halifax City Hall are hoping to continue the use of biosolids as fertilizer in the HRM.

Questions about the use of biosolids — fertilizer partially made up of treated human waste — came up last month, after residents near Dunbrack Street complained about a strong odour emanating from a biosolid test area in their neighbourhood.

A staff report on the issue was requested by area Coun. Debbie Hum, who voiced the residents' concerns at a regional council meeting on August 17.

At the time, Hum was upset because the public was not better informed about the use of biosolids in their neighbourhood. HRM has since admitted it could have done more to provide information.

But a staff report to be tabled at tomorrow's council meeting defends the use of the fertilizer, noting advantages to HRM's urban-forest objectives.

"Supporting growth of our Urban Forest is a community objective, and a measured performance indicator for corporate performance," the report reads. "As such, based on the rationale, staff believes that this HRM N-Viro program will provide for the success of utilization of urban forestry plantings."

The report states that the odour at the Dunbrack Street site was not foreseen either by staff or by an environmental consultant attached to the project. The report also hypothesizes that it was because of high heat and humidity at the site that the smell lingered longer than anticipated.

While the staff report recommends the continued use of biosolids within the urban core, council can opt to discontinue or limit its use.

# Man in hospital after being swarmed by 10

Another swarming in Halifax sent one man to hospital on Thursday.

A 24-year-old man was walking from Brunswick Street to Gottingen Street near the George Dixon Centre in North End Halifax.

According to Halifax Regional Police, the man was approached by a group of 10 men and women. One of the males proceeded to strike the victim in the chin with a stick.

The victim managed to escape from the crowd and then call police from a Gottingen Street business. Police searched the area, but were unable to locate any suspects. The victim was transported to hospital where he received stitches and was later released.

ALEX BOUTILIER

# Police make arrests following stabbing

Halifax police have arrested one man and a male youth in connection with a stabbing reported yesterday.

Both the youth and the man will appear in court to face charges of assault with a weapon.

A news release says city police responded to a report that a man was walking through a residential area of Halifax's west end, suffering from four stab wounds.

The 36-year-old was taken to the Queen Elizabeth II Health Sciences Centre, where his wounds were treated. THE CANADIAN PRESS

1 news

**News on the move**

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

**On the web at metronews.ca**

**Guidy Mamann explores what may potentially be very bad advice offered to aspiring immigrants. More at metronews.ca/immigration**

HALIFAX FOLKLORE CENTRE
1528 Brunswick St.
422-6350
Located just off Spring Garden Rd.
SEPTEMBER SALE!
Musical Instruments
Vintage, Used & New
at GREAT Prices

halifaxfolklorecentre.com

## News in brief

### Pizza delivery driver robbed

**THEFT.** A pizza delivery driver was robbed yesterday night. He was dropping off a pizza on Pinecrest Drive when nobody answered the door. On his way back to his car, three men with knives approached him and demanded the pizza and his wallet. The suspects took off towards Brule Street.

### Man assaulted with knife

**DARTMOUTH.** A tenant was assaulted in the stairway of his apartment building on Churchill Court in Dartmouth over the weekend. A man grabbed the victim's arm, pushed him against the wall, pulled out a steak knife and nicked his arm. The victim punched the suspect, who fled up the stairs.

### Library plans being unveiled

**DESIGN.** After three public consultations on the new Halifax Central Library, people will get a look at the plans on Thursday night. "We've been listening to ideas from hundreds of people since June and now we're ready to show how those ideas have inspired the design of the new library," said George Cotaras, an architect on the project. The plans will be unveiled at 7 p.m. at the World Trade and Convention Centre.

### Teens robbed at school

**SACKVILLE.** Four teenagers were robbed on the grounds of Sackville high school last week. Under threat of violence, two men demanded the teens' backpacks and told them to empty their pockets on Thursday night. The suspects were described as white men about 19 years of age. METRO HALIFAX

# Quinpool booze sales without food mulled

**Proposed changes to planning strategy would allow alcohol sales without requiring food Two businesses on Quinpool currently enjoy lounge licences**



ALEX BOUTILIER
@METRONEWS.CA

DARRELL OAKE/FOR METRO HALIFAX



▶ HRM council will consider changes to the planning strategy to allow alcohol sales without food purchase throughout Quinpool Road.

What does a guy have to do to get a drink around Quinpool Road?

As the rule currently stands, he has to buy a meal.

But proposed amendments to the Halifax Regional Municipality's planning strategy could change that.

Tomorrow regional council will debate whether restaurants with lounges should be allowed to operate on Quinpool.

Currently, restaurants require patrons to buy a meal if they want to imbibe alcohol. The recommendations coming from Peninsula Community Council, however, would allow establishments to include a lounge.

**"The last thing we need is to add more opportunities for people to consume alcohol and 'hang out' in this neighbourhood. We are all ready (sic) very concerned for the safety of our children."**
QUINPOOL-AREA RESIDENT JENNY-KATE HADLEY AS QUOTED IN A STAFF REPORT

The proposed amendment would require lounges to close no later than midnight, as well as not exceed over 50 per cent of the establishment's total seating.

Currently, Freeman's Little New York and Season's Bistro in the Atlantica Hotel operate lounge licences, after being grandfathered into the Municipal Planning Strategy.

BANKRUPT
BedroomDEPOT
EVERYTHING
50%Off*
ORIGINAL BEDROOM DEPOT PRICE
*Excludes net priced items. No other discounts or promotions apply. Inventory has been augmented to offer better selection.



ENTIRE STORE MUST BE CLEARED
BEDS, DRESSERS, ARMOIRES, NIGHTSTANDS, DAY BEDS, BUNK BEDS, KIDS FURNITURE, MATTRESSES, FUTONS, LAMPS, MIRRORS, PRINTS, DECOR...



HALIFAX, CLOSED
SACKVILLE, CLOSED
CALGARY, AB
WINDSOR, ON




Inventory has been consolidated to one location
DARTMOUTH - 20 Akerley Blvd
Monday, Tuesday & Wednesday...10 am - 6 pm
Thursday & Friday...10 am - 8 pm
Saturday & Sunday...10 am - 5 pm
Terms: Cash, Debit, Visa, MC

All racking, store fixtures & office equipment for sale.
ASSET ENGINEERING™
Asset Disposition Professionals
assetengineering.com

# Tug of war costs man his fingers

A Nova Scotia man had his fingers severed in a tug of war during a fall fair over the weekend.

Jim Thurber, 59, was participating with about 40 other people in the tug of war Saturday in Bear River in southwestern Nova Scotia when he suffered the injury.

Reta Thurber, his mother, said her son was a last-minute recruit to the game.

"I imagine he's sorry now that he did it," she said.

She said the accident was particularly unfortunate because he had retired a month ago as a municipal warden in Digby, N.S., and had been looking forward to playing golf.

Brent Mansfield, who was also taking part in the tug of war, said he saw Thurber lying on the ground in visible pain, holding his hands together.

Mansfield said he and another man cut the piece of rope containing a part of Thurber's left hand and carried the severed fingers to a nearby store and put them on ice.

"It's just totally unfortunate," Mansfield said.

**"Jim always is pitching in heartily and making the (fair) go ... It's a big shock."**
TIM WILSON

Mansfield said four fingers were severed.

A spokeswoman for Emergency Health Services said a patient was taken by paramedics from the fair to Valley Regional Hospital in Kentville, N.S., suffering from a "serious injury to his hand."

Reta Thurber said she was told that doctors hoped they could reattach three of the fingers.

Tim Wilson, whose wife was organizing the fall festival, said the tug of war contest was a revival of a traditional event.

He said he was saddened by the accident, noting that earlier in the day Thurber had been helping prepare children's games.

THE CANADIAN PRESS

For more news visit metronews.ca/local

# 3 separate incidents of racist graffiti

- Graffiti incidents all reported in 4-day stretch
- RCMP says there is no evidence linking the crimes



ALEX BOUTILIER
@METRONEWS.CA

Halifax RCMP are investigating three separate instances of racist graffiti in Halifax Regional Municipality.

Police received the first complaint last Tuesday, concerning graffiti with offensive language on public property in the Eastern Passage area. The next came three days later, when RCMP received similar reports of graffiti in the Lakehead Court and First Lake Drive area in Lower Sackville.

A day later, on Saturday, a similar complaint was launched from residents in the Hammonds Plans area near Micmac Road. All three complaints reported racial undertones.

According to police, despite the common themes of all three incidents, there is no evidence linking the three crimes at this time.

"The writing on all three of the different sites is actually different," said RCMP spokeswoman Tamu Bracken, noting references to the Ku Klux Klan in Eastern Passage, "No Blacks Allowed" in Lower Sackville, and the N-word scrawled in Hammonds Plains.

Bracken admitted, however, that all three are directed toward one demographic — African Canadians.

She called it "concerning" to receive three such reports in one week.

RCMP are asking the public's assistance in finding those responsible for the graffiti. Anyone with information regarding the incidents is encouraged to call Crime Stoppers at 222-TIPS, or their local RCMP detachment.

**Victoria Park.** Words




▶ Thousands of people crammed into Victoria Park to listen to authors, buy books, and chat at the Word on the Street festival yesterday.

DARRELL OAKE/FOR METRO HALIFAX

## The Word on the Street is success

## RCMP issues car theft warning

Thieves struck a number of cars in Beaver Bank, Lower Sackville, and Fall River last week. RCMP are warning people to take valuables out of their cars.

In a release, RCMP said thieves will break into any vehicle if they think there is something of value in it, even a small amount of change. They advised to report suspicious activity right away.

METRO HALIFAX

# Soldiers lead Newfoundland relief effort

Sea Kings beat overhead and soldiers were on patrol yesterday as the small town of Clarenville, on Newfoundland's east coast, became a military base for hurricane relief.

Army trucks and jeeps rumbled along the main drag in this picturesque town of about 5,000 people as 140 troops from Canadian Forces Base Gagetown prepared to help.

Soldiers in green fatigues milled around the local civic centre that has become the staging ground for Operation Lama, standard military code for hurricane response. They have come to pitch in with a rebuilding task that is well underway since hurricane Igor blew through on Tuesday, leaving a wide path of destruction.

Randy Phillips, a construction contractor who lives near Clarenville, has been working since Wednesday to fix crumbling roadways. He welcomed the military's arrival.

"There's a lot of bridges down," he said as he headed back to work on the Cabot Highway on the Bonavista Peninsula.

More than two dozen communities were still cut off since Tuesday's mammoth rainfall turned rivers and brooks into torrents that plowed through asphalt. The soggiest places were lashed with 200 millimetres of rain or more.

"A lot of those people are crying out for help," Phillips said. "They're running out of groceries. They're running out of gas."

Electricity for the most part has returned, while much-needed supplies are getting into many isolated communities by boat and all-terrain vehicle.

Lt. Ian McIntyre visited some of the worst damage in the province yesterday in nearby Port Rexton and Trouty with a team of military engineers and provincial officials. They were there to assess how soldiers can best use their skills and heavy equipment when their rebuilding effort starts as early as today.

"People in Trouty, they're pretty industrious," McIntyre said of a temporary bridge locals had built over a washed-out culvert to run supplies into the community using all-terrain vehicles.

It's one of more than two dozen communities cut off from the closest towns and Clarenville, which is a service hub for communities on the Bonavista Peninsula.

THE CANADIAN PRESS

### Daunting swath

- Three naval ships and Sea King helicopters helped deliver essential supplies to isolated coastal villages.
- Igor cut a daunting swath through the provincial road network that will take weeks to repair.

Now Accepting Nominations for the 6th Annual Maritime Business Ethics Awards!



Visit maritimeprovinces.bbb.org for more information: *The Business Ethics Awards recognize businesses and organizations that display ethical leadership in our community.*

BBB Start With Trust
MARITIME BUSINESS Ethics AWARDS

JM Reynolds Pharmacy- 2009 winner in the companies with 16-50 employees category.

MERCER'S BEST BUILT STRUCTURES INC.
ANY SIZE, ANY STYLE, WE BUILD THEM ALL




Nova Scotia's Garage Builder
All garages include the following:
- 14 tons of stone
- Concrete pad
- All framing material
- Complete siding & roofing package
- One 36" x 48" single hung window
- One 32" steel man door
- One garage door
- 5/12 Pitch engineered roof truss
- All material and labour is included
- We handle all permit work

482.4767 • BestBuiltStructures.ca

QUALITY AND AFFORDABILITY
BBB
NOVA SCOTIA HOME BUILDERS' ASSOCIATION
HOME WARRANTY

ENERGY EFFICIENCY

## Fed grants wasted on business

Federal grants to improve the energy efficiency of existing buildings across Canada worked reasonably well for homeowners but were largely a waste of money for businesses, a new study suggests.

The so-called eco-ENERGY program that the Conservative government introduced in 2007 prompted about half a million homeowners to insulate walls and attics, buy better furnaces and plug air leaks.

But the majority of businesses that received grants would have done the retrofits anyway.

Those findings are from a draft evaluation of the $864-million ecoENERGY program.

THE CANADIAN PRESS

# Woes still plague India before Games

RAJSHEKHAR RAO/THE ASSOCIATED PRESS



▶ Workers transplant saplings for landscaping outside the Indira Gandhi International Stadium ahead of the Commonwealth Games in New Delhi, India.

### ◗ Snake found in athlete's room ◗ Follows bridge collapse last week

Two more Australian athletes withdrew yesterday and a South African competitor reportedly found a snake in his room as complaints over cleanliness, security and construction continued to dog the troubled Commonwealth Games a week before the sporting event opens in New Delhi.

While international sports officials have said the situation had improved dramatically in the athletes' village over the past couple days — after inspections last week turned up rooms spattered with chewing tobacco and human excrement — some teams said the situation remained grim.

Tuelo Serufho, head of the Botswana contingent, told Press Trust of India that his team's rooms in the village were "unlivable for our athletes," with filthy bedsheets, bathroom fixtures that did not work and construction debris.

Canadian athletes are expected to begin arriving today.

The games, held every four years, bring together nearly 7,000 athletes and officials from 71 countries and territories from across the former British empire. The games were meant to be a coming-out party for India to cement its reputation as a growing regional power. Instead, its image has been battered by negative publicity about its frantic last-minute efforts to get ready for an event it knew it was hosting seven years ago. The games open Oct. 3.

THE ASSOCIATED PRESS

# Man free after bomb threat

Relatives thronged an airport in southern Pakistan yesterday to greet passengers whose flight from Canada was diverted to Sweden after a baseless report that a man aboard had explosives. Canadian officials investigated whether someone with a grudge called in the threat.

The plane was diverted after an anonymous woman in Canada tipped off authorities that a Canadian man on the flight was carrying explosives, said Royal Canadian Mounted Police spokesman Sgt. Marc LaPorte. The tip proved false, and police are now investigating whether the incident was a "terrorism hoax," he said.

A prosecutor decided to release the man after questioning.

THE ASSOCIATED PRESS

## Emergency Delta flight lands safely

No one was hurt Saturday evening when Delta Connection Flight 4951 made an emergency landing on its way to White Plains, New York, from Atlanta.

THE ASSOCIATED PRESS

## Elmo fends off attacker in tussle

Police in Florida say a man dressed as the Sesame Street character was attacked Saturday at a music store in Winter Park, but was able to fend off the attacker.

THE ASSOCIATED PRESS

ADRIAN WYLD/THE CANADIAN PRESS




▶ An action plan sign.

# Stimulus payments lagging

Some small community groups say the Conservative government that demanded Economic Action Plan signs be installed at their project sites within a week of delivery is now months behind in reimbursement of project expenses.

Adding insult to injury is a federal funding contract that promises to reimburse groups for signs, plaques, bunting and a ribbon-cutting ceremony with politicians — but won't pay interest on money borrowed to keep the stimulus projects underway.

At issue is the $500-million Recreational Infrastructure Canada Program, or RInC, a small part of the massive, recession-fighting budget of 2009.

"Our principal concern around this is largely the carrying costs," said Derek Henderson, the past president of the High Park Curling Club in Toronto, which is struggling to finish a $1.3-million renovation.

THE CANADIAN PRESS

The One Hundred Mile Dinner

Executive Chef Luis Clavel presents an evening of local cuisine featuring an exceptional multi-course menu paired with Nova Scotia wine.

Thursday, September 30, 2010
Cocktails: 6:30PM
Dinner: 7:00PM

Background entertainment provided by Mike Cowie & The Waterbabies

Tickets $75 per person
(inclusive of taxes & service charges)
Call today for reservations: 490.3331
www.seasonsbistro.com

SEASONS BISTRO & WINE BAR
Seasons Bistro at Atlantica Hotel Halifax
1980 Robie Street at Quinpool, Halifax
www.atlanticahotelhalifax.com
ATLANTICA HOTEL HALIFAX

Employment Service for CPP-D Recipients

Do you want to work? Don't know where to start? Give us a call!

Ready to Work is a service offered to persons with disabilities who want to work. We are pleased to offer employment orientation workshops with a work experience component within our two local businesses – *Pet Stuff on the Go* and *The Neighbourhood Dollar Plus Store.*

Employment training offers you the chance to develop skills, such as:
- ✓Customer service
- ✓Cash register training
- ✓Inventory
- ✓Banking
- ✓Job safety and WHMIS
- ✓Telephone etiquette
- ✓Store maintenance
- ✓Plus many more important employment skills!

Results you can expect are:
- ✓Develop solid work habits and skills
- ✓Identify interests, strengths, and attitudes towards work through a personal employment plan
- ✓Professional job coaches available
- ✓Increase money management and budgeting skills
- ✓Environment that nurtures self awareness
- ✓Opportunity to learn about work and volunteer experiences

Training Wage: $150 monthly

For more information and start dates, contact:
Crystal Nason, Occupational Therapist
Phone: 453-3598 Email: crystal.d.nason@gmail.com

Living. Working. Investing.
Affirmative INDUSTRIES
www.affirmativeindustries.ca

PETROS KARADJIAS/THE ASSOCIATED PRESS



▶ Lillian Rosengarten, 75, right, of the U.S. and Reuven Moskovitz, 82, two of nine Jewish activists aboard a boat, wave to the media and friends as it sets sail from Famagusta harbour in the Turkish-occupied north of ethnically divided Cyprus, in a bid to breach the Israeli naval blockade of Gaza.

# Ship to attempt blockade break

**The vessel Irene will try to reach the coast of Gaza and unload its aid cargo in a symbolic act of solidarity and protest**

**Irene**

**Unlike the Turkish flotilla, the British vessel Irene, now en route, carries a group of Jews, including a nurse from Germany and Reuven Moskovitz, a Romanian Holocaust survivor who has lived in Israel for more than 60 years.**

**Quote** "We Jews should have our own country," Moskovitz tells Metro. "But it's wrong for us to oppress another people. We just celebrated Yom Kippur, the feast of reconciliation. I think we should practice reconciliation, too."



ELISABETH BRAW
NEWS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Yesterday, a ship carrying a Holocaust survivor and nine other Jews left Cyprus bound for Gaza. The ship will attempt to break the Israeli blockade of the Palestinian territory. Its cargo: toys and medical equipment.

"Israeli government policies are not supported by all Jews," says Richard Kuper, speaking on behalf of Jews for Justice for Palestinians, sponsor of the trip. "We call on all governments and peoples around the world to speak and act against the occupation and the siege."

Previous attempts to deliver humanitarian aid to Gaza have been thwarted by Israel. In May, Israeli troops killed nine activists onboard a Turkish ship on its way to Gaza. A spokesman for the Israeli Foreign Ministry declined to comment on the voyage.

## Settlers break ground on daycare

Dozens of Jewish settlers broke ground on a new daycare centre deep inside the West Bank Sunday to celebrate the end of the government's 10-month-old construction slowdown at midnight — symbolically renewing settlement activity that threatens to derail peace talks with the Palestinians. Some 2,000 people headed to another nearby settlement for a larger rally, where activists released 2,000 blue and white balloons — the colours of the Israeli flag — into the air at sundown. The balloons were meant to symbolize the 2,000 apartments that settlers say are ready to be built.

THE ASSOCIATED PRESS

# Man struggles for Canadian citizenship

When Paul Compton was born in Scotland, his parents rushed to register him as a "Canadian born abroad." They were finishing university and were eager to cross the Atlantic to raise their son as a true Canuck. But 40 years later, their effort to ensure their son's citizenship has resulted in their grandson being ineligible for his.

Compton's son Mateo was born in Lima, Peru, just five months after a revamp of the Citizenship Act last April brought a first-generation limit to citizenship by descent for Canadians born abroad.

"It's ludicrous," said Compton. "The most important thing for me to do for my children would be to give them my heritage of being Canadian. And I can't do that."

Compton, who was brought to Canada when he was five months old, lived in the country until his early 30s. A teacher, he wanted to work in international schools. He now lives in Lima with his Peruvian wife, but plans to bring his family back to Canada in the future.

His first son, born before the new rules came into effect, automatically became a citizen and has a Canadian passport. Mateo, now a year old, doesn't.

Last year's legislation, Bill C-37, was brought in to solve the problems of thousands whose citizenship had been taken away from them.

THE CANADIAN PRESS

## Virus attacks industry

A powerful computer code attacking industrial facilities around the world, but mainly in Iran, probably was created by experts working for a country or a well-funded private group, according to an analysis by a leading computer security company.

The malicious code, called Stuxnet, was designed to go after several high-value targets.

THE ASSOCIATED PRESS

Notice of Public Meeting
on the
Heritage Property Act Review

Members of the public are invited to attend a public meeting regarding the review of the *Heritage Property Act*. The Government of Nova Scotia, through the Department of Tourism, Culture and Heritage and Hardy Stevenson and Associates Limited, is conducting a review of the *Act* as part of the recommendations outlined in government's heritage strategy, *A Treasured Past, A Precious Future*.

Public participation is important to this process.
A public meeting will take place at the following venue.

DARTMOUTH
Monday, October 4, 2010, 7:00 p.m. to 10:00 p.m.
Holiday Inn Harbourview, Alderney and Sullivan Ballrooms
101 Wyse Road, Dartmouth

Discussion topics will include the role of government in protecting heritage resources and areas of the *Act* that may require updating. Discussion documents will be distributed at the meeting.

Alternatively, comments can be submitted online, beginning September 27, 2010, by visiting http://gov.ns.ca/tch/spp.

FOR MORE INFORMATION:
Toll free telephone: 1-877-267-7794 ext. 225
E-mail: NSHPAR@hardystevenson.com
Website: www.gov.ns.ca/tch under "What's New"

NOVA SCOTIA
Tourism, Culture and Heritage

# IS PROVINCE PUNISHING GRANDPARENTS?

## Urban Compass

**STEPHEN KIMBER**



**Is it possible nanny-state community services officials have decided to punish the grandparents of a boy who dared question their decision to send him out of province for treatment by dumping him back in their laps with minimal supports, setting them — and him — up for I-told-you-so failure?**

That seems the most rational conclusion after reading the vague page-and-a-half "Service Plan" officials handed the boy's family earlier this month.

Quick rewind. Two years ago, the grandparents — frustrated by their inability to cope with the then 13-year-old's running and self-destructive behaviour — asked community services for help. Officials grabbed guardianship of the boy and shipped him to Bayfield, a residential treatment centre in Ontario.

The working-class family went to court — spending more than $20,000 on legal fees and developing an alternative, community-based care plan — to convince the province to treat him in Nova Scotia instead. They failed.

But the ongoing publicity eventually convinced Bayfield it wanted nothing more to do with the boy. In August, it shipped him back to community services, which will be in court today to officially present its new plan of care — and unofficially wash its hands of him.

**"The boy has been diagnosed with such a witches' brew of syndromes and disorders ..."**

Before we examine the skimpiness of the department's proposed "plan," consider what the province itself previously claimed. The boy has been diagnosed with such a witches' brew of syndromes and disorders — attention deficit hyperactivity, alcohol-related neural development, impulse control, learning disabilities — he needed long-term care in a structured, restricted facility.

During his 14 months at Bayfield, his grandparents claim the boy was treated with powerful drugs — whopping doses of Seroquel XR, an antipsychotic medication, among others — rarely attended school classes and was physically "restrained" on at least 10 occasions.

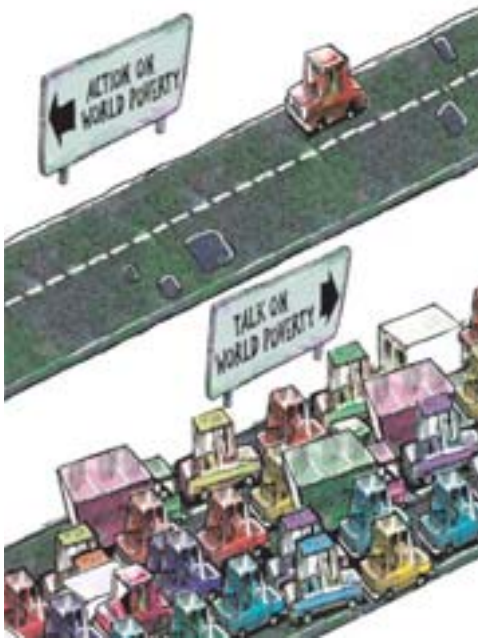
Bayfield officials controlled — occasionally cut off — contact with the grandparents community services wants to send him back to.

They now want to hand him back to his family, enrol him in a public high school for which he is unprepared and ill-equipped and, well … let's see what happens. They're "offering" the ill-defined assistance of a school liaison/tutor, a family therapist and an alternative youth worker, but the "performance indicators" for their efforts are so vague as to be meaningless.

Can you say vindictive?

## Cartoon

MICHAEL DE ADDER




## Worth mentioning

Bureaucrats at the federal energy watchdog are about to get a crash course in clear writing.

The National Energy Board has hired a consultant to give its staff plain-language training, new documents show.

The training will cost about $155,000.

The energy board says the public will have an easier time understanding its reports and rulings if they're written in simple sentences.

The board has been reviewing offshore drilling rules since a rig exploded in the Gulf of Mexico and caused a catastrophic oil spill that tooks months to plug.

Documents obtained by The Canadian Press under the Access to Information Act show the board's vice chair took a plain-language course and thought the training could help her staff. The board has brought in Calgary-based Wordsmith Associates to give two-day courses, which will be held five times a year for the next three years.

But one critic says Canadians shouldn't have to foot the bill for such a seemingly basic skill. "So, taxpayers, in effect, are paying to translate bureaucratese into English, or French per se?" said Kevin Gaudet, head of the Canadian Taxpayers Federation. "Great." THE CANADIAN PRESS

## Keep it simple



**What superpower do you wish you had? Why?**

**Email**
**halifaxletters@metronews.ca**
**Twitter**
**@metrohalifax**

Metro has the right to edit letters and submissions.

# Metro Minute with elite lifeguards

Elite lifeguards will show off their skills at Black Rock Beach in Point Pleasant Park this morning. They're preparing for the World Lifesaving Championships in Alexandria, Egypt, next month. Two Nova Scotia lifeguards made the National Lifesaving Team. More than 4,000 lifeguards will compete in Egypt from Oct. 2-17 in lifesaving skills and athletic ability. The competition will test every facet of lifeguarding expertise.

Gordon Richardson, executive director of the Nova Scotia Lifesaving Society, said this province is proving to be a leader in this sport. Besides the two competitors, Nova Scotia is also sending three officials to the games.

METRO HALIFAX

METRO HALIFAX FILE



▶ Lifeguards will prepare for the World Lifesaving Championships at Black Rock Beach today.

metro

**METRO HALIFAX** • 3260 Barrington St., Unit 102, Halifax NS, B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610
Advertising: 902-421-5824 • halifax_advertising@metronews.ca • halifax_distribution@metronews.ca
**Publisher** Greg Lutes, **Managing Editor** Philip Croucher, **Sales Manager** Diane Curran, **Distribution Manager** April Doucette

**METRO CANADA: Group Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

# Grocers say food prices are on the decline

## But industry experts say trend is expected to reverse

Industry insiders say if grocery prices are falling, as Canada's largest grocery chains report, it's hard to tell because they don't reveal how they calculate price fluctuation and the declines are likely limited to highly competitive areas and selected promotional products.

Furthermore, any price deflation will soon be erased by higher costs and improved demand.

Economists, organizations, academics and analysts say short-term food price deflation is based on chains competing for scarce shopping dollars and will rise into next year along with improved consumer sentiment and commodity prices.

The rising prices of key crops like wheat and corn, which are found in an array of items on supermarket shelves, and other staples like coffee and sugar is going to further squeeze grocers' margins. Wheat prices are expected to spike into next year after Russia — the world's third-largest wheat exporter — extended its export ban on wheat and feed grains until next November following a severe drought. Corn prices are also expected to rise due to an increase in demand for ethanol use.

THE CANADIAN PRESS

**"The deflation is what we call self-inflicted disinflation — it's associated with competitive activity that's taken place."**

BILL MCEWAN, SOBEYS PRESIDENT

TORSTAR NEWS SERVICE FILE




▶ Sobeys, Loblaws and Metro, which together make up 60 per cent of the Canadian grocery market, maintain that ultra-competitive pricing is causing prices to fall and is taking a toll on their bottom lines.

ECONOMY

## Traders eye growth

Traders will focus on key data this week concerning growth in Canada and the state of the American manufacturing sector.

The July reading on Canadian gross domestic product comes out on Thursday while the widely watched U.S. Institute for Supply Management's manufacturing index will be released Friday. Both will serve as curtain-raisers for the September employment reports for Canada and the U.S. expected on Oct. 8. THE CANADIAN PRESS

**2% Overall, the economy grew at an annualized rate of two per cent in the second quarter.**

## Market moment

PRICES AS OF 5 P.M. FRIDAY

| | |
|---|---|
| DOLLAR | Natural gas 1,000 sq ft |
| | US $3.892 (– 12.7¢) |
| + 0.79¢ ($97.50¢) | Gold contracts $1,296 (+$1.80) |
| OIL | TSX |
| + $1.31 ($76.49) | – 103.07 (12,204.86) |




2 scene

## Box Office



Movie fans are investing in Michael Douglas and Oliver Stone's Wall Street sequel.

Wall Street: Money Never Sleeps debuted as the No. 1 weekend movie with $19 million, leading a crop of so-so to weak newcomers.

The sequel to 1987's Wall Street sequel reunites director Stone and Douglas, who reprises his role as investment shark Gordon Gekko.

The movie co-stars Shia LaBeouf, Carey Mulligan and Josh Brolin in a tale set amid the 2008 economic meltdown.

The animated adventure Legend of the Guardians: The Owls of Ga'Hoole opened in second place with $16.3 million.

The mother-daughter comedy You Again debuted at No. 5 with $8.3 million.

THE ASSOCIATED PRESS



It's a wrap: 'Reach' marks bittersweet finale for Halo composer Marty O'Donnell

# The story behind Facebook's creation

**Author Ben Mezrich's 'non-fiction thriller' explores how several Harvard students created a billion-dollar social networking industry**

CÉLIA PEDROSA
SCENE@METRONEWS.CA

American author Ben Mezrich recounts the birth of the world's biggest social network in the controversial book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal.

Two students and friends, Mark Zuckerberg and Eduardo Saverin, wanted to meet girls and be accepted into the Harvard elite, so they started up a fledgling version of the now ubiquitous social network. The friendship ended up in court, and Saverin decided to tell his story to Mezrich. The book was adapted into a movie, The Social Network, that is coming out this Friday.

Mezrich spoke to Metro's Celia Pedroso.

**Where did the idea for the book come from?**
It started with an email I got from a college kid who was best friends with Eduardo Saverin. Eduardo wanted to tell me his story, about how he felt he had been betrayed by his best friend. I was fascinated by the drama of the youngest billionaire in the world, and what he had done to create Facebook. I was already on Facebook, and my wife uses it every day. I didn't know anything about how it had been founded, or the drama surrounding these two best friends.

**Did you use a lot of sources from inside Facebook?**
I had many sources inside and out of Facebook. Many college kids who had been there when it was founded and many people who are in the book itself. It took about a year to research and write.

**"It was amazing to see how these geeky college kids, who really just wanted to meet girls and be cool, managed to change the world."**
BEN MEZRICH

**What surprises did your investigation unearth?**
I was surprised by how fast Facebook became this billion dollar company — and also how none of the characters central to the story really cared that much about getting rich. Mark (Zuckerberg) doesn't care about money, just about Facebook. It was amazing to see how these geeky college kids, who really just wanted to meet girls and be cool, managed to change the world.

**Why did you decide to write it as a novel?**
Actually, it isn't a novel, it's a nonfiction thriller — a genre that I am creating with my books, true stories written as if they were movies. This is my style — it upsets some journalists, especially here in the U.S., but I think it's a great way to tell a true story. The facts of the book are true, it's just written like a thriller.

**It's ironic that the socially uncomfortable Mark Zuckerberg created the biggest social network on the web. Have you ever met him?**
Mark is a very strange guy, very closed in on himself and not the kind of person it's easy to talk to. Over the year I spent a lot of time trying to get him to open up to me, but in the end he decided not to co-operate.

**Do you think the lawsuits between Eduardo and Mark are over?**
I do. I believe they have settled, and Eduardo is now regarded as a co-founder of Facebook — because of my book, I think! Anyway, Eduardo is no longer speaking to me, as part of that settlement, so there you go.

### Hollywood calls

- After the release of Accidental Billionaires, the "non-fiction thriller" by Ben Mezrich immediately caught Hollywood's attention. The Social Network is directed by David Fincher, written by Aaron Sorkin and stars Jesse Eisenberg and Justin Timberlake.
- "You may think you know the story of the Facebook phenomenon, but you haven't heard the whole story, and never like this", says executive Producer Kevin Spacey.

ETHAN MILLER/GETTY IMAGES



▶ Ben Mezrich wrote the book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal. The book was adapted for the movie The Social Network.

HANDOUT



▶ Maggie Q stars in the spy drama Nikita

# A professional badass actress

## The Nikita star makes taking out bad guys look easy ◐ No, she isn't a kung fu master ◐ But she did learn from Jackie Chan

AMBER RAY
scene@metronews.ca

Kicking butt looks like second nature to Maggie Q, star of the spy drama reboot Nikita, in which she plays a government-trained assassin gone rogue. It's a trait that she picked up while working as an action star in Asia for nearly a decade (she was a student/model there when Jackie Chan trained her to star in films he was producing), but that doesn't mean perfecting killer moves has gotten easier.

"Because … I'm half Asian, (people) immediately go, 'Oh, well, you do kung fu.' Like that's what we do. We wake up. We do kung fu. We brush our teeth. That's what we do," jokes the 31-year-old, who was raised in Hawaii. "So it's just assumed that you're not working your ass off to make this believable and make this something great. I've been doing it for long enough that I have a formula that works for me. But it certainly isn't something that I can close my eyes and do. Absolutely not."

**"His team of guys trained me when I was very young. They broke me, basically, and sort of molded me."**
**MAGGIE Q ON LEARNING FROM JACKIE CHAN'S TRAINERS**

On the contrary, the actress who insists on doing her own stunts admits she's "cracked and fractured a lot of different body parts" throughout her career. But that doesn't keep her from wanting to work at any pace less than full-throttle.

"When I was living and working in Asia, they did films sometimes in two weeks. So I actually realize now that I'm very used to (the fast pace of television), and I kind of enjoy getting (scenes) out of the way and saying, 'Let's move on. Let's do something cool again.'"

## Scene in brief

### Governor turns tables on SNL

**NEW YORK.** Mocked for years on Saturday Night Live, the governor of New York has appeared on the show to dish back.

Gov. David Paterson came on Saturday night during the show's Weekend Update segment. He interrupted cast member Fred Armisen, who was in character as the governor. Armisen plays Paterson as a clueless blind man with a past of youthful drug use and womanizing.

Paterson joked that being governor is a lot like Saturday Night Live. He says "there are a lot of characters, it's funny for 10 minutes and then you just want it to be over."

### Sketch tackles sticky issue

**COMEDY.** With the new season of Saturday Night Live comes a fresh batch of political satire — and Delaware Senate hopeful Christine O'Donnell is the first target. The sketch portraying the tea party darling O'Donnell concerned about her speaking out against masturbation. The actress playing O'Donnell says she is no longer against masturbation and, in fact, masturbates constantly. She also says she once ran a dog fighting operation and burned down a house. **THE ASSOCIATED PRESS**






# Lohan out of jail on $300,000 bail

## Actress to wear booze monitor

Once again, Lindsay Lohan didn't spend very long in jail.

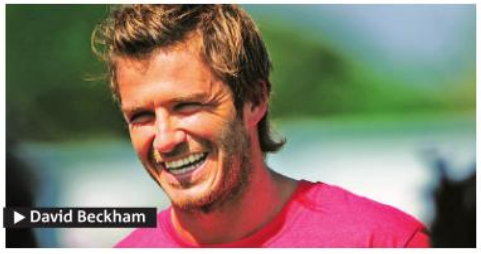
The troubled actress was taken into custody Friday for her parole-violating positive drug test, but just before midnight she posted $300,000 bail and was released after the judge's denial of bail order was reversed, according to People magazine.

Lohan is free until her next hearing on October 22, but she must once again wear an alcohol-monitoring anklet, and she also must stay out of any establishments where "alcohol is the chief item for sale."

METRO



▶ LiLo's brush with the law continues.



▶ David Beckham

## Becks sues rag mag

David Beckham is suing In Touch Weekly for reporting that he had cheated on Victoria Beckham in 2007 with a prostitute, according to Hollyscoop. Irma Nici, who claims David slept with her five times three years ago, is also named in the suit. The soccer star's lawyers insist the claims "are completely untrue and totally ridiculous ... Sadly we live in a world where a magazine can print lies."

METRO

## Talking points

### Perry, Brand buy 'crash pad'

**HOMEMAKERS.** Ahead of their impending nuptials, Katy Perry and Russell Brand are snatching up some new property. The pair recently closed on a $2.7 million two-bedroom penthouse apartment in lower Manhattan, according to the New York Post. Perry and Brand are reportedly calling the 1,500-square-foot space their "crash pad" — and not a primary residence — to avoid New York income taxes.

METRO

### Who's afraid of Bieber?

**CANADIAN THREAT.** Though Justin Bieber has been taking some of their spotlight away, the Jonas Brothers aren't worried about the Canadian singer's increasing popularity. "I think there is room for everybody," eldest brother Kevin Jonas says, according to Exposay. "We're not afraid of anything or worried about anything.

METRO



Justin Bieber

## Celebrity tweets



**Eliza Dushku [@elizadushku]** there's a blowtorch on my tonsils



**Samantha Ronson [@samantharonson]** haven't been able to see her since her fall from grace :(



**Jonathan Ross [@wossy]** The dentist told me I produce a lot of saliva. Apparently that's a compliment

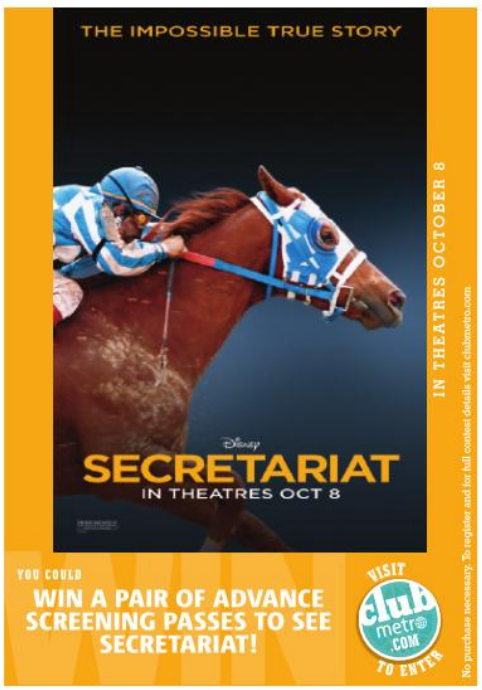


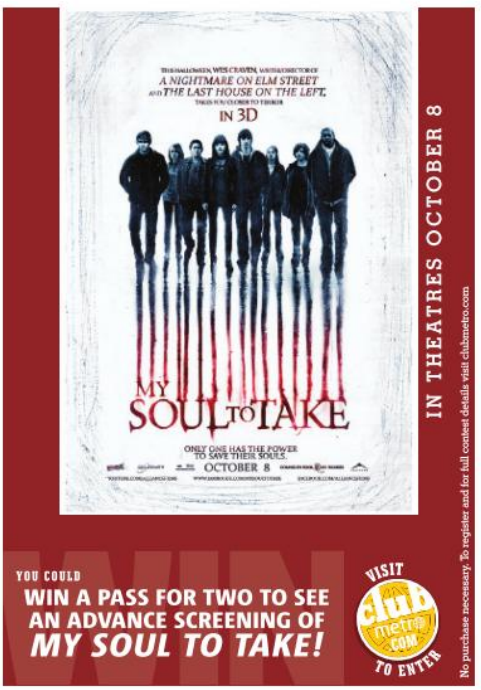
**Katy Perry [@katyperry]** Wow, looks like my play date with Elmo has been cut short!

## Madge evades Kutcher query

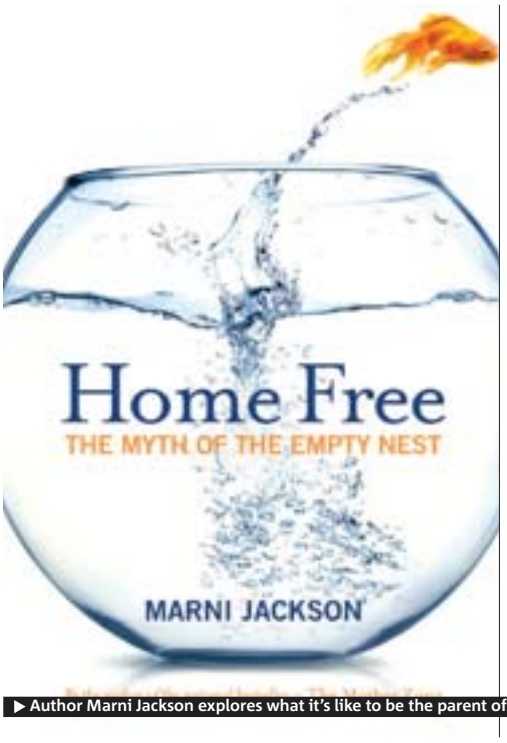
**RUMOURS.** Madonna isn't interested in commenting on the rumours about marital problems between fellow Kabbalah devotees Demi Moore and Ashton Kutcher. A reporter asked about Kutcher's rumoured infidelity, but her longtime rep, Liz Rosenberg, chastizied the reporter with, "bad girl," according to Page Six.

METRO




GEOFF GEORGE/HANDOUT/THE CANADIAN PRESS



▶ Author Marni Jackson explores what it's like to be the parent of a young adult in Home Free.

# Exploring the myth of the empty nest

**When author Marni Jackson was writing Home Free, she was really astonished at the expectations she brought to her son's future**

The author of one of Canada's early "mother-lit" books has returned to her old terrain, this time exploring the "push-pull" that takes place as parents watch their grown offspring head out into an increasingly complicated world.

The new memoir Home Free: The Myth of the Empty Nest by Marni Jackson serves as a followup to The Mother Zone, published in 1992 and dealing with the birth, toddler and early childhood years of son Casey.

"The Mother Zone was about me surrendering to motherhood … which is part of the joy, but I was busy being very independent, so that was difficult," Jackson said.

"Whereas, of course, this third act of family is about … learning to un-mother, and it's about not doing things, and it's about zipping your lip and pulling back, and putting your focus on yourself and other things."

**"This third act of family is about … learning to un-mother, and it's about not doing things."** MARNI JACKSON

The much-talked-about boomerang generation — kids returning to the empty nest — was the subject of a New York Times article about young people taking longer to reach adulthood.

Jackson said what happens in the family reflects economic, political and social forces.

"And I think that's what's happening now is a lot of this 20-somethings not growing up, of course, reflects the economy," she said. THE CANADIAN PRESS

**Professionalization**

- Jackson noted that parenting wasn't a common topic among writers when she wrote the first instalment, but now we're flooded with parenting books.
- What took place was a "professionalization of parenthood," she observed.
- "Partly I think that happened because a lot of women who were determined to have careers and be full-time workers went 'wait a minute, I'm missing out on family.'"

# Baby shower gifts for every mom-to-be

Buying a baby shower gift isn't always easy, especially if you're not a parent. These three useful and appropriate baby shower gifts are sure to be appreciated by any new or expectant parent.

**Give the gift of diapers**

Diapers may not be the fanciest baby shower gift, but it certainly may be one of the most useful. Why not dress up your diapers by purchasing or making a diaper cake? Created to resemble a two or three layer cake, a diaper cake is decorated with an array of baby items including clothes, bibs, toys and baby skincare products. It's a good idea to include hypo allergenic diapers and skincare products, such as Pampers Sensitive Swaddlers and Sensitive Wipes, to ensure the products suit the baby's sensitive skin.



**Give the gift of fun**

You can never go wrong with books and toys. New moms will quickly appreciate the peace and quiet toys can bring once their baby begins to develop. Soft snuggly toys encourage touch, while mobiles and DVDs play on sight and sound.

**Give the gift of preparation**

Most parents will admit that there is nothing worse than being on an outing with your baby, when you realize you forgot something essential behind. Help parents deal with unexpected mishaps by assembling a travel kit for them. It can be as simple as a diaper bag with a few extra diapers, wipes, an extra outfit for the baby along with a few toys. Don't forget to throw in an extra shirt for mom or dad.

More information on Pampers Sensitive Swaddlers and Sensitive Wipes can be found online at pampers.ca. NEWS CANADA

3 life

**Welcome**

## Disney memories online

**Disney has launched a website with the sole purpose of showcasing photos, videos and other user-generated content from park visitors and fans. "We're inviting our guests to share their family memories online and in the parks. We're making them the centre of this campaign," said Tom Staggs, chairman of Walt Disney Parks and Resorts, at a New York event last week launching the site, DisneyParks.com/Memories. Disney also plans to use content submitted by fans in TV ads, brochures, print ads and other marketing.**
THE CANADIAN PRESS



1 in 5 gay or bisexual men has HIV and many don't know it: CDC study






# Yummy squash chowder

## Hearty butternut squash and scallop chowder a healthy choice

The term chowder usually brings to mind a steaming bowl of thick and chunky soup, often enriched with a generous amount of whole milk, or even cream.

It's that last part that can dishearten the diet-conscious diner. Soups and some stews can be a great way to fill up on low-calorie vegetables, proteins and liquid, leaving you satisfied without feeling stuffed. But too much cream, milk or sour cream can take the virtue right out of the meal.

Yet there are ways to have a creamy and healthful soup. For instance, consider starting with a base of puréed vegetables. Winter vegetables — such as butternut or buttercup squash, pumpkin or even sweet potatoes — can be roasted to intensify the flavours, then run through a food mill, blender or food processor to make a velvety, creamy base.

Beans, puréed with a bit of broth or water, also make a thick, flavourful soup base. Use convenient canned beans, but be sure to rinse them under cold water to wash away some of the salt that is in the canning liquid.

Even tofu (the soft or silken variety) can be puréed to create a smooth and protein-rich foundation on which you can build a creamy soup with little fat and no dairy.

For this butternut squash and scallop chowder the secret to low-fat thickening comes from a snack food. Crumbled tortilla chips dissolve in the soup while it's cooking, adding plenty of body along with a layer of toasty corn flavour.

Jarred salsa is another secret to this satisfying chowder, bringing with it pre-diced vegetables and spicy seasoning, which helps make it possible to get this meal on the table in under 30 minutes on a busy weeknight.

Plump bay scallops are called for here, but you can substitute chunks of almost any white fish and if you like, make the soup vegetarian by omitting the seafood altogether and upping the amount of diced squash.

THE ASSOCIATED PRESS



▶ Butternut squash and scallop chowder.

### Ingredients :

- 500 ml (2 cups) peeled and diced butternut or other winter squash
- 500 ml (2 cups) medium or hot tomato salsa
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 75 ml (1/3 cup) crumbled reduced-fat corn tortilla chips
- 500 ml (2 cups) frozen corn kernels
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) ground cumin
- 500 g (1 lb) bay scallops
- 15 ml (1 tbsp) lime juice
- Lime wedges, for squeezing

### Preparation:

**Squash and scallop chowder**

1. In a large pot over medium-low heat, combine squash, salsa, broth and tortilla chips. Bring to a simmer, cover pot and cook until squash is tender, 5 to 7 minutes.
2. Stir in corn, oregano and cumin. Return soup to a simmer, stir in scallops and cook until they are opaque at the centre, 2 to 3 minutes more.
3. Stir in lime juice. Serve with additional lime wedges for squeezing. Makes 4 servings

THE ASSOCIATED PRESS

EYE HEALTH

*Exploring vision care with an eye to the future.*



DON'T MISS THIS SPECIAL FEATURE IN TOMORROW'S METRO

PRESENTED BY: ACUVUE BRAND CONTACT LENSES | The Canadian Association of Optometrists | metro

PICCHIONE LECTURE SERIES

RESEARCH and the FUTURE of Health Care:
Prevention of Cancer: Partnerships to Reduce the Risks

*with Keynote Speaker:*



**Dr. Louise Parker**

Dr. Parker is a Principal Investigator for Atlantic PATH, holds the Canadian Cancer Society (Nova Scotia Division) Endowed Chair in Population Cancer Research, is Professor of Pediatrics and Medicine at Dalhousie University and is Research Director for Cancer Care Nova Scotia. Her major research interests include investigation of the cause of childhood cancer, cancer outcomes and lifelong influences on adult health.

An interactive panel-discussion will commence after Dr. Parker's Keynote Address, with experts in health economics, biomarkers, obesity and survivorship.

Wednesday, October 6, 2010
6:30-8:30pm (doors open at 6:00)
Ondaatje Auditorium, McCain Bldg.
Dalhousie University
6135 University Avenue, Halifax, NS
wine & cheese reception following lecture

Seating is limited -
please RSVP if you plan to attend:
info@ihrtp.ca | 494-6834

This lecture is supported by:
Dalhousie Medical Research Foundation
IHRTP Integrated Health Research Training Partnership
The IHRTP is a partnership of:
NSHA | Capital Health | Dalhousie University




# WET ALTERNATIVE TO DRY CLEANING

**QUESTION:**
**How can I safely clean clothes labelled "dry clean only" and avoid toxic chemicals used by dry cleaners?**

***Robin from Vancouver***

The toxic chemical you are referring to is known as perchloroethylene (or perc), and most dry cleaners use it as the primary cleaning solvent.

Unfortunately, perc is a carcinogen and respiratory irritant. If you've ever brought home a piece of dry cleaning or walked past a dry cleaners, you know the distinct smell I'm referring to.

Fumes from slightly damp dry cleaning can contribute to indoor air pollution, evaporating from your clothing and into your home.

So if you must use conventional dry cleaning, remove the plastic bag and hang clothes outside to speed up the evaporation of solvents.

This will prevent off-gassing of chemicals into your home, including but not limited to perc, naphthalene and toluene.

**"Wet cleaning [is] better for you and the environment."**

An obvious option is to avoid or limit your purchases of clothes labelled "dry clean only."

And really, many items can be carefully handwashed with a mild eco-friendly soap and dried flat. But don't quote me on that — it's a task to be taken at your own risk.

The good news is that a new type dry cleaning called wet cleaning — that's better for you and the environment — is on the rise.

Find a business that performs water-process dry cleaning or perc-free cleaning near you.

You are a valued client, so if you have a favourite place, why not ask them to switch to a "greener" alternative?

David Suzuki Foundation

# A safe haven

## Rare animals making a comeback thanks to breeding programs at zoos

When Przewalski horses galloped across Mongolia's Gobi desert in 1992, it was a sight that hadn't been seen since the 1960s.

That a few hundred of the world's only remaining true wild horses now roam their native Mongolia again is partly thanks to dedicated work by conservationists at zoos in several European countries.

"They are doing very," says Dr. Gerald Dick, director of The World Association of Zoos and Aquariums (WAZA) in Geneva. "This is an example where zoos have really made a difference."

He has co-written a book, Building a Future for Wildlife, highlighting 25 similar success stories where animals have made comebacks in their natural habitat thanks to breeding and reintroduction programs at zoos and aquariums around the world.

"Sometimes this is the only option you have to save a species, at least for some time while you're hoping that nature will change," he says. "One of our main functions is to inform people."

METRO


▶ Two Przewalski mares.







*By focusing their energy on conservation, Jennifer and Derek are saving money and helping the environment.*

*"Since purchasing our new R-2000 home with an air-source heat pump, we're saving over $125 per month on our power bill. And we received a rebate for the pump."*

**Jennifer and Derek Verge,** *Antigonish*

With our **EnerGuide for New Houses** rebates, we were happy to help Jennifer and Derek significantly reduce their power bill and environmental impact. Visit **nspower.ca/energuide** for details on the program's suggested energy upgrades and available rebates.

energy everywhere.™
NOVA SCOTIA POWER
An Emera Company



# Art of the written word

## Survey suggests handwritten notes mean more to employees than other forms of communication

DENISE BERNARD
LIFE@METRONEWS.CA

Whenever my former boss wrote comments like "Good!" and "Nice work" on stories I edited, it had the same effect as a gold star in school: I felt proud and determined to do a good job again. I've kept her thoughtful handwritten birthday and Christmas cards; I can't say the same for equally lovely e-mails and e-cards.

Turns out I'm not the only one who feels this way. According to a recent survey commissioned by BIC, 61 per cent of Canadians believe receiving a personalized form of praise, such as a handwritten note, has more value than other forms of workplace communication.

"A note of recognition can produce an immediate and positive reaction and is a proactive way to appreciate employees," adds handwriting analyst and BIC spokesperson Elaine Charal,

Positive feedback is as important to future employees as it is to seasoned pros. University of Prince Edward Island undergrad Kristen Lockett received a confidence booster and valuable addition to her portfolio in the form of a note highlighting her personal strengths and the specific things that impressed the supervisor at her recent internship.

For Karin Vollmer, who has been teaching at the same Toronto-area high school for 10 years, kudos for extracurricular activities like producing a student talent show and organizing and fundraising for a class trip to Costa Rica have added to her job satisfaction.

"I love the acknowledgement, the fact that my principal takes the time to sit down and write a message about how I've touched people's lives," she says. "It makes me feel that I'm not going unnoticed."

Handwritten notes make good business sense for other reasons. In addition to recognizing team members, Chad McAlpine, RBC Capital Markets vice-president, quantitative and global research, sends small holiday gifts with notes to those who have contributed to his franchise's growth. His inspirations? Business Notes: Writing Personal Notes that Build Professional Relationships by Florence Isaacs ($18, Clarkson Potter), a guide to writing the perfect message to engage employees, win new clients, deepen customer loyalty and more. Plus, personal experience: a year ago, his former boss-turned client sent him a publication he thought McAlpine would enjoy, along with a note.

"It was a very nice touch, and I sent him a letter thanking him for thinking about me," says McAlpine.

Proof that even in the age of texting, e-mail and Twitter, a handwritten note remains a powerful communication tool.

### communication 2.0

**Looking for other ways to go that extra mile when communicating with managers and colleagues? Here are three tips from Options Personnel senior consultant Zoe Mandel, and career specialist and corporate trainer Colleen Clarke.**

- **1. Provide testimonials** for social networking sites like LinkedIn, says Mandel.
- **2. Compliment co-workers test** and managers in front of each other, suggests Clarke.
- **3. Improve your** listening skills, Clarke advises. That means turning away from the computer when someone's speaking, making eye contact, leaning forward and actively listening.



▶ In the age of texting, tweeting and emailing, a handwritten note remains a powerful communication tool.

**"Each day at work, I receive 600 to 800 e-mails, and on occasion important messages are overlooked. When someone takes the time to write a note by hand and deliver it, I will pay much more attention to it."**
CHAD MCALPINE, RBC CAPITAL MARKETS VICE-PRESIDENT, QUANTITATIVE AND GLOBAL RESEARCH



Job Fair: Full & Part Time Positions

**Bright work atmosphere, the only thing missing is you!** That's right, Northwood is looking for RNs, LPNs, and CCAs for our new 144-room building located in West Bedford. We're also hiring staff for our Halifax location. For more information, come see us in person at our job fair!

**Bedford Superstore**
**1650 Bedford Highway**
**Tuesday, September 28, 11:30am-4:00pm**
**Email: hr@nwood.ns.ca**
www.nwood.ns.ca

NORTHWOOD live more.

ROYAL LEPAGE ATLANTIC

ROYAL LEPAGE Atlantic GO BEYOND

BUSINESS PROFESSIONALS
WANTED

Join the area's leading real estate firm with immediate openings for a serious career-minded and assertive team player to join a dynamic and growing company.

*Call Matt to register*
*902-222-0730*

Attend our
CAREER SEMINAR
Wed, Sept. 29 at 7pm
Royal LePage Atlantic Offices
7075 Bayers Rd

NEED SOME WATERCOOLER TALK?
Visit metronews.ca to watch metrotube of the day

# How on Earth did Facebook take over the social world?

CRAIG LUND
LIFE@METRONEWS.CA

**The Facebook Effect**
**Author:** David Kirkpatrick
**Publisher:** Simon & Schuster, 335 pages
**Cost:** $34.00

Timing couldn't be more aplomb for this review given the release this week of the highly anticipated film The Social Network. David Kirkpatrick details the insanely fascinating birth of Facebook.com.

Originally called TheFaceBook — aptly named after the Harvard Freshman Register, which published images of the incoming Frosh and of course the birth campus of the site — it was actually the second incarnation of a site CEO Mark Zuckerberg developed called Facemash. The first site was a Hot or Not style website for Harvard students to rate who the hottest students on campus were ... it was short lived and almost resulted in Zuckerberg being suspended.

The facts alone are insane, and even more so when you consider that this book was just published in June 2010 and described Facebook as the second most visited website after Google. But just last week, Facebook usurped Google for most "time spent" online.

The original foursome — which included Zuckerberg, Dustin Moskovitz, Chris Hughes and Eduardo Saverin — were devoted to the project, consumed with the ideal of changing the world, not with making money. Their dedication was so ingrained, aggressive even, which was marked by the kind of language they used in the midst of their almost continuous, silent (instant message only) programming marathons ... words like Lock down and Dominate, referring to their ambitions to take on their competition. Its no wonder Mark Zuckerberg's corporate profile describes him as "Founder, Master, and Commander, Enemy of the State."

**"Facebook is our world and its impact is constantly being seen politically and locally, and of course in business."**

Facebook is our world and its impact is constantly being seen politically and locally, and of course in business. To all the Luddites out there... based on this book Not Joining now would be social suicide.




## News in brief

### Guelph launches Better Planet Project

**FUNDRAISING** The University of Guelph unveiled The Better Planet Project Thursday, a $200-million fundraising campaign UoGuelph president Alastair Summerlee describes as "a call to action for the University and concerned citizens everywhere to work together to improve life on this planet."

With nearly $88 million raised so far, the campaign will fund student programs, campus infrastructure, faculty positions, scholarships and bursaries, travel grants, and learning initiatives. The campaign was launched via a website, advertisements in national media. METRO



# How to use social media to get ahead

**Social media allows for active communication in the classroom Can also help students, employers connect**

RAF BRUSILOW
LIFE@METRONEWS.CA

FLICKR: YUSUNKWON



Social media sites can help students share ideas and connect with employers.

Social media can help you make friends, but can it help you get a degree, or even a job?

Experts say "Yes," as long as you clean up your act first.

Beyond offering fun ways to keep in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part his classes, and he encourages students to showcase the work they're proud of — like research presentations — online.

He says social media can impact the classroom in a positive way because it often allows for active communication.

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is two-way, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material — everything digital about yourself you can aggregate," Vogt said.

Of course, online life can have its pitfalls — particularly those of the self-inflicted variety. The simple truth of the digital age is that if you put something into the public sphere, it can exist essentially forever, so make sure that any personal information you place online is of the kind that won't come back to haunt you.

"Be careful about privacy issues and remember that screen captures can live forever. When you're posting something and your 21, you don't want future employers, boyfriends or children asking about it years down the road," Richardson said.

### social media tips

- **Electronic portfolio** sites like ePortfolio.org or LinkedIn can be a great way to put your best foot forward, but only if you keep them updated regularly. Always put your most recent, best work first and make sure all your posted information is current.
- **Consider creating** and posting a video resume that shows off your personality, professional appearance and communication skills
- **Pick one of** the social media sites you use to be your primary page, that way it'll be easier to control what gets revealed about you

Do you enjoy your job?
*Wouldn't you like to?*

**At Admiral, we believe people who like what they do, do it better!**
*We believe in excellent work/life balance, fantastic benefits from day one and recognition and rewards for a job well done. Admiral staff are happy staff because we understand the importance of being valued at work. We have a unique culture of fun and hard work with a comfortable, relaxed atmosphere. Oh, did we mention the free parking and daily fresh fruit?*

**We look for people who:**
• Are very self motivated and driven by targets and deadlines
• Work well under pressure
• Thrive in a team oriented environment but also enjoy working individually
• Have excellent customer service and sales skills
• Have exceptional phone, communication and computer skills
• Pay attention to detail and take pride in the excellent quality of their work
• Are comfortable receiving lots of feedback

Admiral



We're growing. We're hiring. We want you! www.joinadmiral.ca



Did you know?
Average Earnings for Business Administration in Accounting is
$42,000
(www.labourmarketinformation.ca)

Enjoy career opportunities in:
General Accounting
Accounts Payable
Management Training
Finance
Business Management
Payroll

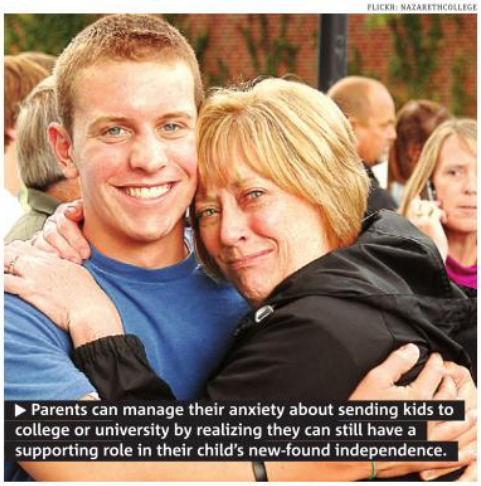
Success College
of Applied Arts and Technology
1-800-662-3991
www.thinksuccess.ca

# When parents learn to let go

**While post-secondary students adapt to life on their own, some parents can be overwhelmed by the change**

RAF BRUSILOW
LIFE@METRONEWS.CA

FLICKR: NAZARETHCOLLEGE



▶ Parents can manage their anxiety about sending kids to college or university by realizing they can still have a supporting role in their child's new-found independence.

University is often a time when parents struggle to cut the cord and students struggle to embrace their new independence — it's no surprise the whole event can get as messy as a freshman's dorm room.

Coping with independence is something all adults have to learn and the tumult of university can muddy up the waters even more by throwing grades and money into the mix.

Once a son or daughter is older than 18, their parents' only access to the details of their education —courtesy of the Freedom of Information and Protection of Privacy Act — comes from what they share personally, which is why it's important to keep a good relationship going.

Brenda Bradstreet, Canadian author of the independence manual Going Solo, says parents can manage their anxiety by first realizing that letting go is healthy and they can still have a supporting role in their child's new-found independence.

"The whole process can be very overwhelming — all of a sudden the house is empty. You have to keep yourself busy and keep your own life more active and social. If parents feel that their kids are prepared then I think it's easier to let go," Bradstreet said.

For students branching out on their own, often for the first time, the pressures and responsibilities of independence can be a bit scary — that's why guidance and counselling services exist on all campuses for all students to make use of.

"Know yourself and don't be afraid to think for yourself. Trust in your independence and make use of the resources that are available," Bradstreet said.

Glen Weppler, director of student community life at Ryerson University, says extracurricular activities are crucial to learning independence.

"One of the best ways for students to move towards more independence is to get involved at school. You can volunteer, you can join a club, the list goes on but make sure you do more than just come to campus and attend class. You will be a more successful student for it," Weppler said.

## Stay Involved

**For parents, if you have a good relationship with your son or daughter it should be relatively easy to stay involved in their education. A weekly call or Skype chat can go a long way if you can negotiate it. For students, here's a list of things to remember in your first year:**

- **Compare student** credit cards carefully — you want to start building your credit but you also want to learn good spending habits. Visit fcac-acfc.gc.ca for details about cards, interest rates and fees.
- **Don't go** it alone — making friends and participating outside of class will make your studies easier and more fun.
- **Bring flip-flops** for dorm showers!
- **If you want** to work part-time, consider getting an on-campus job first — you'll network with similar people and campus positions usually offer great flexibility

Now offering OH&S approved First Aid training in Burnside

Canadian Red Cross
Croix-Rouge canadienne

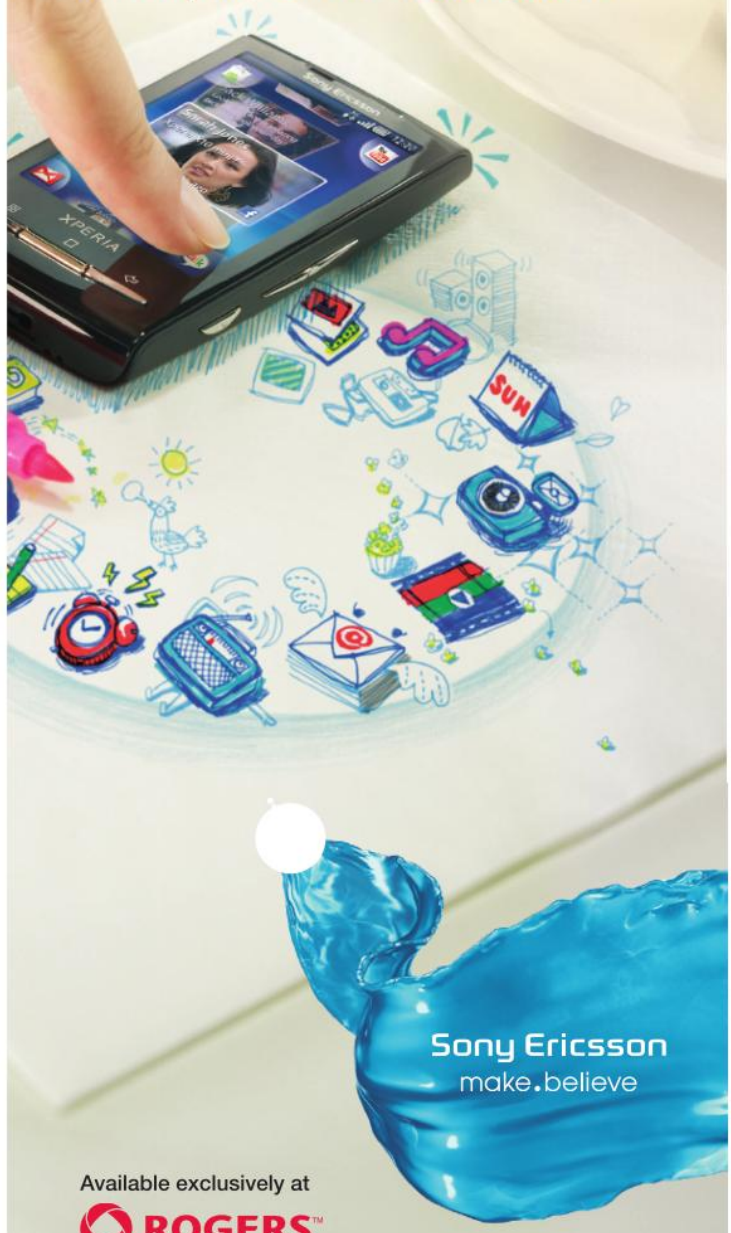
Offered Monday - Friday, 9am-4:30pm
133 Troop Ave, Burnside
Call 1-877-356-3226 to register

Visit www.redcross.ca/firstaid FIND A COURSE in your area

XPERIA
X10 mini

Great surprises come in Mini packages

You could win a 2011 MINI Cooper™ and a new Xperia™ X10 mini – the world's smallest Android* phone. Enter now at clubmetro.com



Sony Ericsson
make.believe

Available exclusively at
ROGERS™

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. For official rules and to enter, visit www.clubmetro.com and complete the entry form as instructed on screen. Contest closes at 11:59:59 pm EDT on 9/30/10. Contest is open to legal residents of Canada (excluding Quebec), who are over the age of majority in their province or territory of residence at the time of entry. One prize consisting of a 2011 BMW/MINI Cooper™ car and a Sony Ericsson Xperia™ X10 mini phone. Total prize is valued at $26,300 CDN. Odds of winning depend on the number of eligible entries received. Selected entrants must correctly answer a mathematical skill testing question. Void in Quebec and where prohibited.

Prizes pictured are for illustrative purposes only. Actual prizes may vary from the prize pictured. BMW/MINI Cooper is not endorsing, sponsoring, or otherwise affiliated with this promotion.

**"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

Screen images are simulated or enhanced.

The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make.believe" are trademarks or registered trademarks of Sony Corporation. Google and Android are trademarks of Google, Inc. MINI COOPER is a trademark or registered trademark of BMW. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.

4 sports

Quoted



**"The men just really battled. We got behind and dug ourselves in a hole again and we just came roaring back. Hamilton made some big plays on us and moved the ball really well, but our defence got some big turnovers and got stops when they needed to."**

SASKATCHEWAN ROUGHRIDERS COACH KEN MILLER FOLLOWING HIS CLUB'S COMEBACK 32-25 VICTORY OVER THE HAMILTON TIGER-CATS ON SATURDAY.

Scan code for sports

Edmonton defence gives Toronto quarterback a rough time in Moncton

Eskimos pile up 247 yards on interception returns, good for second most in CFL history

RYAN TAPLIN/METRO HALIFAX



▶ Andre Durie from the Toronto Argonauts is tackled by Edmonton Eskimos safety Jason Nugent during the second half of yesterday's Touchdown Atlantic game in Moncton. The Argos fell to the Edmonton Eskimos 24-6.

# Touchdown Atlantic? More like Interception Atlantic

| 24 | 6 |
|---|---|
| ESKIMOS | ARGOS |

**"Some of the interceptions were Cleo, some of them, we just weren't good enough yet."** ARGONAUTS HEAD COACH JIM BARKER.



MATTHEW WUEST
@METRONEWS.CA

Maybe they should have called it Interception Atlantic.

It was that kind of day for quarterback Cleo Lemon and the Toronto Argonauts, who were knocked off 24-6 by the Edmonton Eskimos in the Canadian Football League's historic Touchdown Atlantic at Moncton Stadium yesterday.

The Eskimos, 3-9, rode their outstanding defence to the rare victory, not only picking off the Argonauts a whopping six times but also piling up 247 yards on interception returns, second most in CFL history.

"Our defence was awesome," said Eskies quarterback Ricky Ray, who was 21-of-27 for 188 yards and delivered some timely throws.

"They kept them out of the endzone, gave us a lot of opportunities, and our offensive line and running game just took over."

Eskimos linebacker Rod Davis set the tone early when he returned an interception 74 yards for a touchdown at 6:25 of the first quarter.

Running back Calvin McCarty piled up 84 yards on 10 carries and drove in two touchdowns, one on a 46-yard dash and another on a one-yard plunge that came just six plays after Lemon's interception.

"We were able to get some good pressure on their quarterbacks," Ray said. "When you do that, it makes you more rushed with your throws. We got a lot of pressure and were able to capitalize on turnovers."

The Argonauts, 6-6, were on their heels all day despite piling up 321 passing yards and getting a healthy share of fan support from the sellout crowd of 20,750.

It was a missed opportunity in their bid for the post-season.

"We just played poorly," said Argonauts head coach Jim Barker. "Give the Edmonton Eskimos credit. "They came in here very prepared … and they deserved to win."

## Notes & quotes

- Beleaguered Argonauts quarterback Cleo Lemon left the game with five minutes left in the fourth quarter with an injury.
- "It's just too early to tell," said Argos head coach Jim Barker, on the Lemon injury. "It could be nothing or it could be out for the year. I don't know."
- Eskimos quarterback Ricky Ray: "It's a great atmosphere. This place was rockin' pretty good."
- Eskimos defensive back Elliott Richardson: "The people of Moncton showed there should absolutely, 100 per cent, be a team out here the next few years. Unbelievable atmosphere, it can't really be rivalled by many other cities in the CFL."

## CFL's Cohon wants more games in Moncton

Yesterday's Touchdown Atlantic was the first CFL game in Moncton, but it likely won't be the last.

Before yesterday's contest had even ended, commissioner Mark Cohon told media he wants to work on a "multi-year commitment" after today's New Brunswick election and wants to have a deal done in the next "30 to 60 days."

"It's really important we get this done as we start working on our schedule for next year," he said.

The CFL hadn't been to Atlantic Canada since a 2005 pre-season contest at Huskies Stadium in Halifax, back when Tom Wright was commissioner.

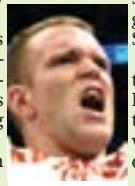
Cohon, who wants to see more seats added to the 20,725 that filled Moncton Stadium yesterday, said the first neutral-site, regular-season game in CFL history exceeded his expectations.

"This is more than we expected because the reaction of the fans has been so great," Cohon said. "One game doesn't make a season," he added, "but there are some great first steps."

MATTHEW WUEST

MMA

## Grant nabs critical UFC win



Cole Harbour's T.J. Grant may have saved his UFC career on Saturday night.

In a fight he was calling "must-win," Grant improved his Ultimate Fighting Championship record to 3-2 with a unanimous decision over Julio Paulino in UFC 119 in Indianapolis.

The 26-year-old Grant was coming off a loss to Johny Hendricks at UFC 113 in Montreal in May.

Despite the win, Grant wasn't thrilled with his performance. "I felt like I should've thrown more strikes on the ground," Grant told Sportsnet.ca.

"He was strong, though, and I felt like if I gave him too much space he would escape."

METRO HALIFAX

# Veteran letdown for Mooseheads

RYAN TAPLIN/METRO FILE



▶ Gabriel Desjardins had one of Halifax's goals yesterday.

### Russell not happy as Halifax hammered 9-2 in loss to Rimouski



MATTHEW WUEST
@METRONEWS.CA

**"We just did not get the effort we needed from our older guys."**
CAM RUSSELL, HEAD COACH & GENERAL MANAGER OF MOOSEHEADS

Cam Russell called out his veterans after the Halifax Mooseheads were blown out on the road yesterday.

"We just did not get the effort we needed from our older guys," said the head coach and general manager, following a 9-2 setback at the hands of the Rimouski Oceanic.

"The 19- and 20-year-old players on the other team outperformed our guys. Our best players were our 17- and 18-year-olds."

The Mooseheads, who started a four-games-in-five-nights road stretch with a win last Wednesday, also lost 4-1 to the Quebec Remparts on Saturday and 3-1 to the Chicoutimi Sagueneens on Friday.

Russell said the veteran letdown was limited to yesterday's tilt.

"It was just today," he said. "We played a good couple of games, but tonight's game was just not good."

Rookie Darcy Ashley and third-year winger Gabriel Desjardins were Halifax's goal-scorers.

Mathieu Corbeil was yanked after surrendering six goals on 17 shots, while Anthony Terenzio came on in relief and allowed three goals on 18 shots.

The Mooseheads, now 2-6, return home on Friday against the Saint John Sea Dogs.



*Who was Russell particularly upset with? Visit www.metronews.ca/qfiles.*

# Moosehead Dry take series lead

Dartmouth Moosehead Dry grabbed a 2-1 lead in the Nova Scotia Senior Baseball League best-of-seven final last night.

The defending champs got past the Halifax Pelham Molson Canadians 11-8 at Beazley Field after evening the series with a 7-2 triumph at Mainland Common on Saturday evening.

Darren Doucette belted a single and a two-run home run for the Dry, while Joel Irvine had a double and a single and scored three runs.

Trevor Zwaan, who came on in the seventh inning, earned the win.

Jeff Tousenard led Halifax's bats with a double and two singles and Adam Lucas had a double and a single.

METRO HALIFAX

**Game 4**

**The NSSBL final resumes tomorrow night with Game 4 at Mainland Common.**

## Champions fall to Reds

The defending national champion Saint Mary's Huskies were pounded 10-3 by the New Brunswick Varsity Reds at the annual Fall Classic Atlantic University Sport pre-season hockey tournament in Fredericton, N.B., on Saturday. METRO HALIFAX

## Marauders lose 6-3 to Lumberjacks

The Metro Marauders dropped a 6-3 decision to the Bridgewater Lumberjacks in Maritime Junior Hockey League play on Saturday at Dartmouth Sportsplex.

The Marauders have a 6-2 record.

METRO HALIFAX

METRO FILE



▶ Steve Sumarah

## Pressure builds for 0-3 Huskies

If the Saint Mary's Huskies can find the panic button, it's time to press it.

The Huskies' nightmarish start went from bad to worse on Saturday when they fell 23-21 to the Mount Allison Mounties, a squad they hadn't lost to in more than a decade. The loss, before 3,500 fans in a neutral-site contest at Moncton Stadium, leaves the Huskies tied for last in Atlantic University Sport standings with a 0-3 record.

"At the end of the day, they played hard and we're still not ready to be 'that' team yet," said Huskies head coach Steve Sumarah.

The Huskies, who have won three straight AUS titles and have only had two 0-3 starts in the past 15 seasons, host the Acadia Axemen, 2-1, on Friday at 7 p.m. Sumarah said he couldn't narrow the Huskies' problems down to just one thing.

"We continue to shoot ourselves in the foot as a team," Sumarah said. "We need to do something to try to fix that. We've got to get back to the drawing board and see what we can come up with." METRO HALIFAX

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1-866-499-5629
And get cash now!!
www.mynextpay.com

GET ACTIVE!
Email your Active Kid Photo to
youthrunningseries@gmail.com
for a chance to WIN sneakers
WIN FREE SNEAKERS
Forest Hills XCountry - YRS Race #5
Where: Cole Harbour Common, Cole Harbour
When: Saturday, October 2
Time: 10:00 am to 1:00 pm
www.youthrunningseries.ca
Youth Running Series
aerobics first
Halifax Harbour Bridges
Capital Health
RUN NOVA SCOTIA
metro Do it daily.
6166 Quinpool Road, Halifax, NS Tel: (902) 423-1470
NEW LOCATION:
Cole Harbour Place, 51 Forest Hills Parkway,
Cole Harbour, NS Tel: (902) 435 3391 ext. 4

NOT JUST A CLUB, IT'S THE CLUB.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM



# In sweep of Orioles

**Baltimore reliever, manager tossed after Bautista hit by pitch for second time during game**

Toronto manager Cito Gaston doesn't plan to spend his last remaining games with the Blue Jays watching his players get hit with pitches.

"I'm only here for a few more days but I'm not going to put up with it," said Gaston, who will retire at the end of the season, after major league home run leader Jose Bautista was hit twice yesterday in a 5-2 win over the Baltimore Orioles.

"I'm not going to put up with that."

The second time Bautista was hit on the forearm in the fifth inning, home plate umpire Bill Welke ejected Orioles reliever Alfredo Simon and manager Buck Showalter before a crowd of 17,831 at Rogers Centre.

The teams had been warned after Orioles starter Rick VandenHurk (0-1) had hit Bautista with a pitch in the third and Blue Jays starter Shaun Marcum (13-8) had grazed Luke Scott with a pitch in the fourth.

| 5 | 2 |
|---|---|
| BLUE JAYS | ORIOLES |

"The first one I don't think was intentional," Marcum, who allowed an unearned run and four hits over seven innings, said of the pitches that hit Bautista, who has 52 home runs. "The second one I thought was pretty horse (bleep). Luckily it didn't get him in the head or anywhere bad."

"After there's a warning and the catcher sets up outside to get hit, it's pretty obvious what they're doing," Bautista said.

THE CANADIAN PRESS

CHRIS YOUNG/THE CANADIAN PRESS



▶ Jose Bautista grimaces after being hit by a ball from Baltimore Orioles pitcher Alfredo Simon.

# Nash leads Habs to 4-3 win over Wild

Defenceman Brendan Nash had a goal and an assist as the Montreal Canadiens beat the Minnesota Wild 4-3 in pre-season action last night.

The game turned in the Canadiens' favour when they scored three goals on five shots in a span of 1:39 in the second period. The Canadiens (2-2-0) outshot Minnesota (0-3-1) 22-5 over two periods, and 28-14 on the night.

Andreas Engqvist, Ryan White and Dustin Boyd also scored for Montreal. Max Pacioretty added two assists.

Cal Clutterbuck, Justin Falk and Kyle Brodziak replied for the Wild.

The Canadiens welcome the Florida Panthers to the Bell Centre today.

They play host to the Buffalo Sabres Thursday, before travelling to Quebec City to play the New York Islanders in the team's final game of pre-season action on Saturday.

Homegrown former Canadien Guillaume Latendresse played his first game in Montreal last night since being traded to the Wild for forward Benoit Pouliot on November 23rd, 2009.

THE ASSOCIATED PRESS

**Retirement**

- Mathieu Dandenault, who won three Stanley Cups with the Detroit Red Wings and later played for the Montreal Canadiens, has retired from hockey.
- Dandenault, 34, also played on the Canadian team that won a world championship in 2003 in Finland.
- The Sherbrooke, Que., native last played in the NHL in 2008-09 with Montreal.

## Sports in brief



### Anthony trade to Nets on hold

**NBA.** The New Jersey Nets' attempt to acquire Carmelo Anthony is in a holding pattern.

A person close to the trade talks told The Associated Press yesterday the Nets are waiting for the Nuggets to sign off on a deal that would bring Anthony to New Jersey and also involve Charlotte and Utah. The person spoke on condition of anonymity because the negotiations were ongoing.

### Shot pays off for Furyk

**GOLF.** The biggest shot of his career gave Jim Furyk the biggest payoff in golf.

Clinging to a one-shot lead, with a $10-million US bonus riding on the outcome, Furyk nearly holed a bunker shot and knocked in the two-foot par putt he had left to win the Tour Championship and capture a FedEx Cup that came down to the very last hole yesterday.

### Man U misses opportunity

**SOCCER.** Manchester United was held to a 2-2 draw by Bolton in the Premier League yesterday, failing to fully capitalize on defeats by Chelsea and Arsenal a day earlier.

United could have moved to within a point of league leader Chelsea with a win at Reebok Stadium.

THE ASSOCIATED PRESS

## NFL in pictures

PHOTOS
1. BOB LEVEY/GETTY IMAGES
2. JEFF GROSS/GETTY IMAGES
3. CHRIS GRAYTHEN/GETTY IMAGES
4. J. MERIC/GETTY IMAGES
5. DOUG BENC/GETTY IMAGES



**1** Tony Romo threw two touchdown passes to Roy Williams, Marion Barber ran for another score and the Dallas Cowboys got their first win by beating the Houston Texans 27-13.

**2** With Brett Favre again unable to move the ball through the air, Adrian Peterson rushed for 160 yards and two touchdowns to lead the Minnesota Vikings to a 24-10 victory over the Detroit Lions.

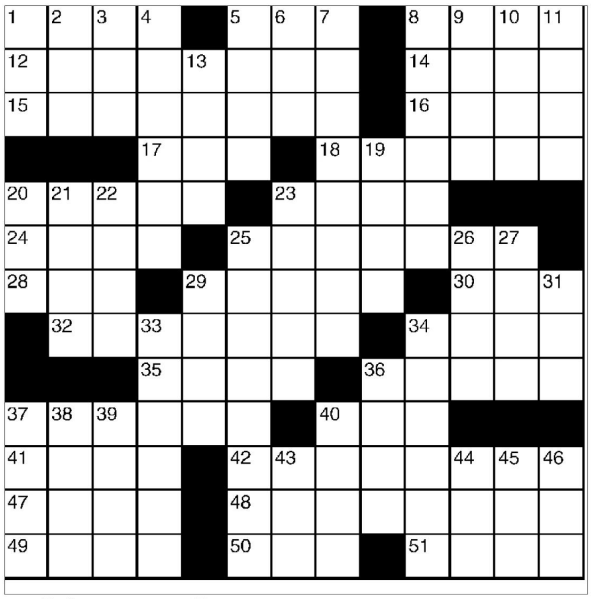
**3** Matt Bryant did what Garrett Hartley could not, drilling a 46-yard field goal with 1:55 left in overtime to lift the Atlanta Falcons to a 27-24 victory over the New Orleans Saints after Hartley missed a 29-yard attempt for the Saints.

**4** Charlie Batch threw for 186 yards and two long touchdowns to Mike Wallace in the 35-year-old quarterback's first start in nearly three years, helping the Steelers remain unbeaten with a 38-13 rout of the Tampa Bay Buccaneers.

**5** Michael Vick threw three touchdown passes, ran for another score and the Philadelphia Eagles defeated the Jacksonville Jaguars 28-3.

THE ASSOCIATED PRESS

## Crossword



**Across**

1 Victories
5 Exist
8 Grate
12 Baldness
14 Always
15 Head of state?
16 Dossier
17 Travail
18 So all can hear
20 Donkeys
23 Intimidates
24 Storage structure
25 Glasses with stems
28 Crone
29 Israel politico Shimon
30 Ram's mate
32 Special boys
34 Throb
35 Unctuous
36 That certain something
37 Tenor Enrico
40 America's uncle
41 Addict
42 A driver tries to hit it
47 Rod attachment
48 Sort of
49 "— and the Tramp"
50 Baseballer's topper
51 Go by bus

**Down**

1 Joker
2 UN agency
3 Oct. follower
4 Gushed forth
5 Dermatologist's case
6 Carnival city
7 Oft-pierced body parts
8 Just say no to
9 Eager
10 Vend
11 Quarry
13 Love god
19 Hooters
20 Blond shade
21 Carpet type
22 Lily variety
23 Hackneyed
25 Based on earth science
26 Abound
27 Trade
29 Omegas' preceders
31 Biblical verb suffix
33 With sullenness
34 Wartime plane
36 Lummoxes
37 Ringlet
38 Between ports
39 Oboe insert
40 Reply to a masher
43 — budget
44 Blackbird
45 1960s hallucinogen
46 Sheltered side

▶ Yesterday's answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | A | H | ■ | F | H | O | M | ■ | H | A | M | P |
| O | W | E | ■ | I | O | W | A | ■ | E | V | I | L |
| H | E | A | D | L | A | N | D | ■ | B | E | N | E |
| ■ | ■ | D | E | E | D | ■ | ■ | A | O | R | T | A |
| M | O | L | A | R | ■ | O | C | H | O | ■ | ■ | ■ |
| O | V | I | D | ■ | S | M | O | O | T | H | I | E |
| L | E | N | ■ | A | P | E | R | Y | ■ | E | N | D |
| D | R | E | S | S | A | G | E | ■ | P | A | G | E |
| ■ | ■ | ■ | O | K | R | A | ■ | B | I | D | E | N |
| J | E | A | N | S | ■ | ■ | F | U | E | L | ■ | ■ |
| F | A | R | N | ■ | H | E | A | D | R | O | O | M |
| T | R | E | E | ■ | A | M | I | D | ■ | C | U | E |
| S | L | A | T | ■ | D | U | L | Y | ■ | K | I | X |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 8 | | 7 | | 3 | 2 | |
| 9 | 3 | | 6 | | | | 5 | |
| | | 4 | | | 1 | | | |
| | | 2 | | 8 | | | | |
| 8 | | 6 | | | | 1 | | 4 |
| | | | | 9 | | 5 | | |
| | | | 9 | | | 2 | | |
| | 1 | | | | 7 | | 3 | 8 |
| | 4 | 5 | | 6 | | 7 | | |

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 3 | 9 | 4 | 8 | 6 | 1 | 7 | 2 |
| 6 | 7 | 4 | 2 | 1 | 5 | 8 | 3 | 9 |
| 8 | 1 | 2 | 9 | 3 | 7 | 6 | 4 | 5 |
| 1 | 2 | 5 | 8 | 7 | 3 | 4 | 9 | 6 |
| 7 | 8 | 6 | 5 | 4 | 9 | 2 | 1 | 3 |
| 9 | 4 | 3 | 6 | 2 | 1 | 5 | 8 | 7 |
| 2 | 6 | 8 | 3 | 9 | 4 | 7 | 5 | 1 |
| 4 | 9 | 7 | 1 | 5 | 2 | 3 | 6 | 8 |
| 3 | 5 | 1 | 7 | 6 | 8 | 9 | 2 | 4 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

Stef, thank you for all your love and support, you truly are the best friend ever!
**EV**

Hey Babycakes, Salgirah mubarak! I love you! I wish you the best birthday and want all your wishes to come true!
**LOVE, BABES**

Randal, After our first dance you asked me what I was doing the rest of my life. 3 years later we are still "in the fog". Happy Anniversary honey! I love you so much.
**TAMMY**

Want to make sure that everyone is gona have a good week. Want everyone to have a good time this week and have fun. Jes, Sab, RAS, Nicole, Verd, Ebi, Eva and others.
**CARLOS**

Today 17°°/12°° Sunny
Tuesday 21°/17° Showers 60%
The Weather Network
You have voted us #1 for best forecasts on TV. Thank you Canada!
©The Weather Network 2010

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** You will gobble up work and routine matters today but there is also a danger that you will take on too much and restrict the time you have available for other interests.

**♉ Taurus April 21-May 21** No target is beyond your reach but you must be clear in your mind what it is you are aiming for.

**♊ Gemini May 22-June 21** You may be finding it difficult to persuade people to do things for you at the moment but that will alter when Mercury, your ruler, changes signs next weekend.

**♋ Cancer June 22-July 22** You may find it hard to keep your mouth shut today, even though you know that you should. Make it your business to put them straight.

**♌ Leo July 23-Aug.23** Something will happen today that makes you realize that, while it's good to be generous, you need to be mindful of who you choose to help out. Not everyone deserves a helping hand

**♍ Virgo Aug. 24- Sept. 22** It's never too late to start something new and while Mercury, your ruler, remains in your sign you will get every opportunity to get a creative dream off the ground. That gives you about six days to get serious about it.
.

**♎ Libra Sept. 23-Oct. 23** If you need to ask someone a favor do so today while the planets are aligned in your favor. If you leave it until later in the week the influence of Saturn in your sign could make a "no" answer more likely.

**♏ Scorpio Oct. 24-Nov. 22** The dividing line between fact and fiction can be difficult to spot and you'll need to make a special effort to see it today.

**♐ Sagittarius Nov. 23-Dec. 21** Because Sagittarius is a Fire sign people expect you to be assertive at times and you will certainly need to push a bit harder than usual today if you want to get things done.
?

**♑ Capricorn Dec. 22-Jan. 20** Actions always have consequences – not sometimes, always – and if you keep that thought in mind today it will guide the kind of actions you need to take

**♒ Aquarius Jan. 21-Feb. 18** Check facts and figures carefully because there is a possibility that someone is trying to mislead you.

**♓ Pisces Feb. 19-March 20** If someone asks for your opinion today you must be honest with them, even if you suspect they won't much like what you say. It's not your responsibility to spare their precious feelings, it's your job to tell it like it is.

● SALLY BROMPTON

## Caption contest

ANTONIO CALANNI/THE ASSOCIATED PRESS




WIN!

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LAI SENG SIN/THE ASSOCIATED PRESS



FLIGHT CENTRE Unbeatable
Cayo Coco
7 Nights 4-Star All-inclusive
from $659
+ taxes & fees $83
1 866 967 5402 | flightcentre.ca
Conditions apply. Ex: Halifax. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.



"I LOVE THIS PAPER"
Available on the App Store
"This app is a great way to read Metro when on the go" – *Real user review*
The free Metro Canada application is available on the *App Store*.
Don't have an iPhone or iPod touch?
Visit m.metronews.ca for news on the move.
metronews.ca

SALE ENDS SEPTEMBER 30TH

HYUNDAI

FACTORY AUTHORIZED

# CLEAR OUT

## 0% FOR 84 MONTHS



## 2010 ACCENT 4 DOOR

WITH SPECIAL EDITION PACKAGE

51MPG

FROM $89 B/W

60 /84, $0 DOWN OAC, REBATES TO DEALER

SPECIAL EDITION PACKAGE INCLUDES



FLOOR MATS | SIDE VISORS | HOOD DEFLECTOR | MUD GUARD

PLUS SE BADGING!



## 2010 ELANTRA GL

WITH SPECIAL EDITION PACKAGE

49MPG

FROM $128 B/W

60 /84, $0 DOWN OAC, REBATES TO DEALER

SPECIAL EDITION PACKAGE INCLUDES



SIDE VISORS | FLOOR MATS | SPOILER | HOOD DEFLECTOR | ALLOYS & MUD GUARDS

PLUS SE BADGING!



## 2010 ELANTRA TOURING

PAYMENTS AS LOW AS $109 B/W

60 /84, $0 DOWN OAC,
0.9% FINANCING
REBATES TO DEALER

43MPG



## 2010 ACCENT HATCHBACK

PAYMENTS AS LOW AS $83 B/W

60 /84, $0 DOWN OAC,
REBATES TO DEALER

51MPG



*Free Winter Tire Package valid only on sales of in stock 2010 Accent 4 Dr SE, 2010 Accent Hatchback, 2010 Elantra SE and 2010 Elantra Touring made before October 1st. Rims not exactly as shown. Vehicles not exactly as shown. See O'Regan's Dartmouth Hyundai for details.

## FIRST 100 CUSTOMERS RECEIVE FREE WINTER TIRE PACKAGE!

Includes 4 winter tires, ice scraper, and washer fluid

50 BEST MANAGED COMPANIES

O'REGAN'S

DRIVING HIGHER STANDARDS

DARTMOUTH HYUNDAI

60 BAKER DRIVE, UNIT - D
465-7500